# Breastmilk

has **more** of what babies need.

# Breastmilk

Antibodies Anti-Cancer (HAMLET)

fti-Ganos Growth Factors

Enzymes

Disease Fighting Stem Cells

Hormones

Anti-Viruses

Anti-Allergies

Anti-Parasites

Probiotics

Prebiotics

Minerals

Vitamins

Fat

DHA/ARA

Carbohydrates

Protein

Water

Formula \*Not in all formulas

Probiotics\*

Prebiotics\*

Minerals

Vitamins

Fa

DHA/ARA

Carbohydrates

Protein

Water

2023

Breastmilk provides what babies need to be strong, healthy and smart.

### **Breastmilk:**

- Is always ready.
- Is easy to digest, so—less spit up, diarrhea, and constipation.
- Helps protect against asthma, allergies, diabetes and obesity.
- Will change to meet your baby's growing needs.
- Helps your baby's brain develop.

## When you breastfeed...

#### Your baby:

- Is healthier.
- Doesn't have as many ear infections.

#### You:

- Are less likely to have post-partum depression.
- Lose weight more quickly.
- Share a special bond with your baby.

Developed by the California WIC Program.





Health & Human Services

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